

## CLAIMS

I claim:

1. A tactile reminder device comprising:
  - a housing;
  - a watch display contained within said housing and visible from the front of said housing;
  - a vibrating mechanism contained within said housing; and
  - a vibration interval selection dial rotatably connected to the back of said housing, said vibration interval selection dial electrically connected to said vibrating mechanism for selecting the time interval of said tactile reminder.
2. The tactile reminder device of claim 1 further comprising:
  - a microprocessor contained within said housing, said microprocessor being electrically connected to said watch display and said vibrating mechanism for controlling said watch display and said vibrating mechanism.
3. The tactile reminder device of claim 1 further comprising:
  - a start button attached to said housing and electrically connected to said vibrating mechanism for activating the tactile reminder sequence.
4. The tactile reminder device of claim 1 further comprising:
  - a stop button attached to said housing and electrically connected to said vibrating mechanism for deactivating the tactile reminder sequence.

5. The tactile reminder device of claim 4 further comprising:
- a stop button cover hingedly attached to said housing for keeping the stop button from accidentally being pushed and deactivating the tactile reminder sequence.

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6. The tactile reminder device of claim 1 further comprising:
- a three minute interval contact attached to said housing and electrically selectable by said vibration interval selection dial;
- a five minute interval contact attached to said housing and electrically selectable by said vibration interval selection dial; and
- a seven minute interval contact attached to said housing and electrically selectable by said vibration interval selection dial.

7. The tactile reminder device of claim 1 further comprising:
- a reset button attached to said housing and electrically connected to said vibrating mechanism for deactivating the tactile reminder sequence.

8. The tactile reminder device of claim 1 wherein said watch display is analog.

9. The tactile reminder device of claim 1 wherein said watch display is digital.

10. A tactile reminder device comprising:

a housing;

a microprocessor contained within said housing;

a watch display electrically connected to said microprocessor, said watch display contained within said housing and said watch display visible from the front of said housing;

a vibrating mechanism electrically connected to said microprocessor and contained within said housing; and

a vibration interval selection dial rotatably connected to the back of said housing, said vibration interval selection dial electrically connected to said microprocessor for selecting the time interval of said tactile reminder.

11. The tactile reminder device of claim 10 further comprising:

a start button attached to said housing and electrically connected to said vibrating mechanism for activating the tactile reminder sequence.

12. The tactile reminder device of claim 10 further comprising:

a stop button attached to said housing and electrically connected to said vibrating mechanism for deactivating the tactile reminder sequence.

13. The tactile reminder device of claim 12 further comprising:
- a stop button cover attached to said housing for keeping the stop button from accidentally being pushed and deactivating the tactile reminder sequence.

- 5 14. The tactile reminder device of claim 10 further comprising:
- a three minute interval contact attached to said housing and electrically selectable by said vibration interval selection dial;
- a five minute interval contact attached to said housing and electrically selectable by said vibration interval selection dial; and
- 10 a seven minute interval contact attached to said housing and electrically selectable by said vibration interval selection dial.

- 15 15. The tactile reminder device of claim 10 further comprising:
- a reset button attached to said housing and electrically connected to said vibrating mechanism for deactivating the tactile reminder sequence.

16. A tactile reminder device comprising:

a housing;

a microprocessor contained within said housing;

a watch display electrically connected to said microprocessor, said watch display contained within said housing and said watch display visible from the front of said housing;

a vibrating mechanism electrically connected to said microprocessor and contained within said housing;

a vibration interval selection dial rotatably connected to the back of said housing, said vibration interval selection dial electrically connected to said microprocessor for selecting the time interval of said tactile reminder;

a three minute interval contact attached to said housing and electrically selectable by said vibration interval selection dial;

a five minute interval contact attached to said housing and electrically selectable by said vibration interval selection dial; and

a seven minute interval contact attached to said housing and electrically selectable by said vibration interval selection dial.

17. The tactile reminder device of claim 16 further comprising:

a start button attached to said housing and electrically connected to said vibrating mechanism for activating the tactile reminder sequence.

18. The tactile reminder device of claim 16 further comprising:  
a stop button attached to said housing and electrically connected to said vibrating mechanism for deactivating the tactile reminder sequence.

5 19. The tactile reminder device of claim 18 further comprising:  
a stop button cover rotatably connected to said housing for keeping the stop button from accidentally being pushed and deactivating the tactile reminder sequence.

10 20. The tactile reminder device of claim 16 further comprising:  
a reset button attached to said housing and electrically connected to said vibrating mechanism for deactivating the tactile reminder sequence.